



**Developmental  
Disabilities  
Planning Council**

*Easy Read Edition*

# **A Self-Advocate's Guide to Gender- Affirming Health Care**

## **Part 1: To Start**



## To Start

This is a toolkit about being transgender or nonbinary.



This toolkit talks about gender-affirming health care for transgender and nonbinary people.

This toolkit answers questions like:



- What does “transgender” mean?



- What does “nonbinary” mean?



- What does “intersex” mean?



- How is being intersex different from being transgender or nonbinary?



- What is gender-affirming health care?



- What are the different types of gender-affirming health care?



- What is gender dysphoria?



- What are the steps to getting gender-affirming health care?



- How can you get gender-affirming health care?



- What are some of the barriers to getting gender-affirming health care?



- How can you be a good ally and friend to transgender and nonbinary people?